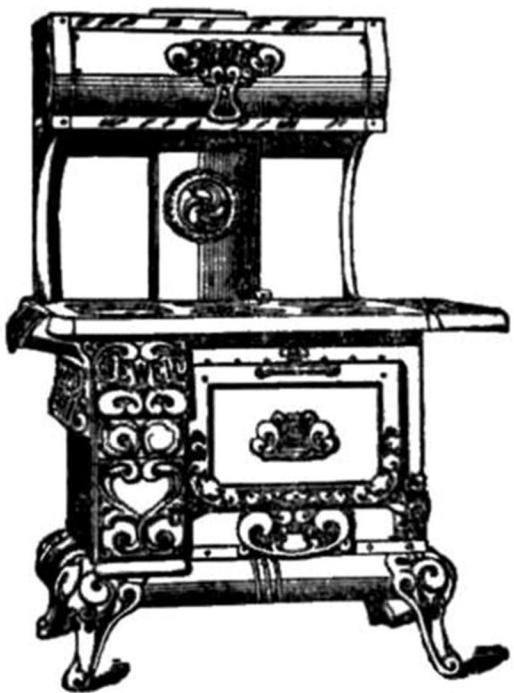


THINGS TO MAKE
AND
THINGS TO DO

In the Kitchen



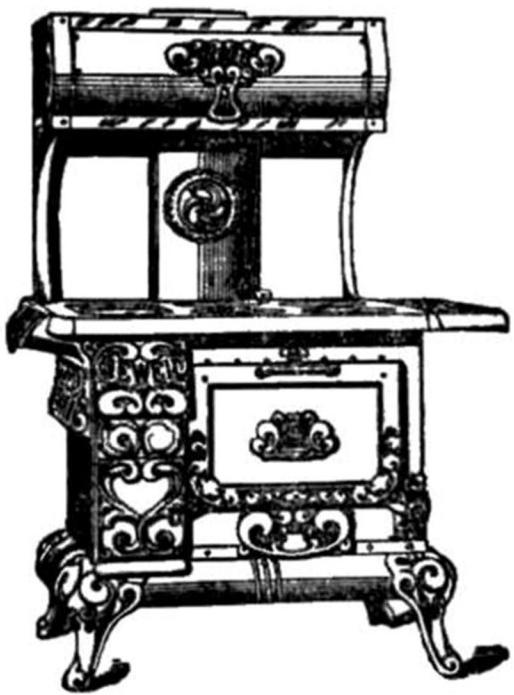
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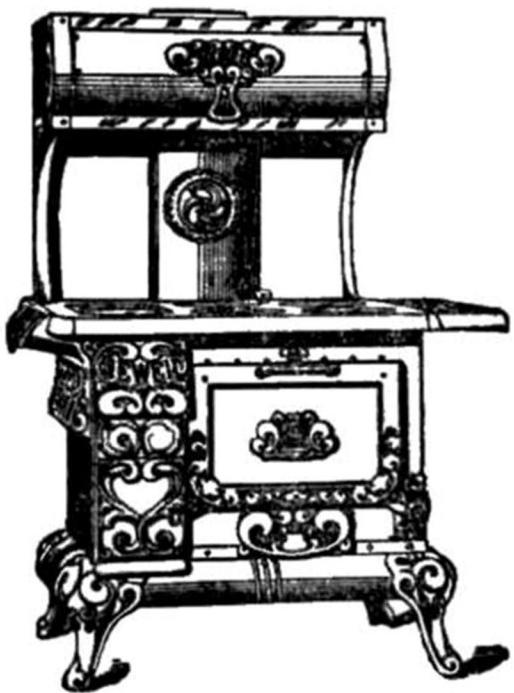
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Hough, Helen, Editor

**In the Kitchen: Things to Make and Things to Do in 1910
James G. Collins & Associates, Arlington, Texas, 2018**

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Dedicated to Seamus O'Neil, because some people are simply terrific.

If you believe that this publication has some value to you, please consider donating what you think is a reasonable sum to some worthy purpose; even a tiny amount may make a difference. Some donations may also be tax deductible.

I suggest the following organizations:

The Antique Pattern Library project is an excellent opportunity to support access to publications similar to this one. This service provides scans of craft pattern publications that are in the public domain. Many are edited for modern craftworkers and their technologies, <http://www.antiquepatternlibrary.org/index.htm>

Good Shepard Services in New York City provides supports to vulnerable children and families. As an organization that grew out of the mission of a religious order, it seems an appropriate beneficiary of the various uses of this series of craft books, <https://www.goodshepherds.org/>

Donations to your local library or a community college scholarship fund are valuable local investments.

Consider also Archive.org as it helps makes many resources available to all of us.

I would be surprised if any organization returns even a nominal donation. -HH

In the Kitchen

Things to Make and Things to Do in 1910

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MEASURES AND THEIR EQUIVALENTS

The little girl cook, and even her big sister too, is often puzzled by the directions given in a recipe. She wonders how to add to her cake mixture a tablespoon of flavoring when she has only a teaspoon to measure the vanilla; or she wonders how to add a half pound of butter when she has no scales, or a gill of water, when she forgets that a gill equals half a cup.

In most recipes, a cupful means a level cup and not a heaping one. So when following directions, measure all materials level, that is, fill the cup or spoon heaping full and then level off with a flat knife. When measuring a cup of sugar or flour, sift lightly into the measure, then level off.

To measure a half spoonful, fill the spoon and level off, then with a knife, divide in half lengthwise, not across the spoon; for a quarter spoonful, divide the half spoonful crossways. Do not use a big kitchen cup or a tiny teacup and think that the result will be the same.

We will give here also a few weights and measures and what they mean so that the young cook may not have to puzzle over the directions given.

<u>Volume</u>	<u>Volume to Approximate Weight</u>
27 1/3 grains (gr).....1 dram (dr)	butter.....1 cup (C).....1 pound (lb)
16 drams (dr).....1 ounce (oz)	chocolate.....one square.....1 ounce (oz)
16 ounces (oz).....1 pound (lb)	eggs, large.....8.....1 pound (lb)
60 drops (gt).....1 teaspoon (tsp)	eggs, medium.....9.....1 pound (lb)
3 teaspoons (tsp).....1 tablespoon (Tsp)	eggs, small.....10.....1 pound (lb)
4 tablespoons (Tsp)....½ gill (gi)	flour.....4 tablespoons (Tsp)....1 ounce (lb)
4 tablespoons (Tsp)....¼ cup (C)	flour.....1 quart (qt).....1 pound (lb)
16 tablespoons (Tsp)..1 cup (C)	liquid.....1 tablespoon (Tsp).....½ ounce (oz)
2 gills (gi).....1 cup (C)	oatmeal.....2 ¾ cups (C).....1 pound (lb)
2 cups (C).....1 pint (pt)	salt.....2 tablespoons (Tsp)....1 ounce (oz)
2 pints.....1 quart (qt)	sugar.....2 tablespoons (Tsp)....1 ounce (oz)
4 quarts1 gallon (gal)	sugar, brown.....2 2/3 cups (C).....1 pound (lb)
	sugar, confectioner's. 3 ½ cups (C).....1 pound (lb)
	sugar, granulated.....1 cup (C).....1 pound (lb)

*[alternative abbreviation: t = teaspoon, T = tablespoon]

References: See last page

*Metric Conversions for Cooking Recipes (approximate)

Volume (U.S.):	1 teaspoon = 5 mL;	1 tablespoon = 15 mL;	1 ounce = 30 mL
	1 cup = 250 mL;	1 quart = 1/2 L	

Weight:	1 ounce = 25 g	1 pound = ½ kg
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DELICIOUS COCONUT CANDY / ICE

Coconut candy/ice can be made with or without milk, but it is certainly nicer and smoother when made with it. To make a really nice sweetmeat [candy] we shall want ingredients in the following proportions:

$\frac{1}{2}$ pound of desiccated coconut
— the word desiccated only means dried, but it is the proper thing to ask for when buying it at the grocer's —
1 pound [1 cup] of loaf sugar,
1 small teacupful [$\frac{1}{2}$ cup] of milk, and
 $\frac{1}{2}$ teaspoonful of carbonate of soda.

First we put the sugar into a large enameled saucepan and pour the milk on to it. Then we put the saucepan on the stove, and let the contents come to the boil, stirring all the time to prevent burning. We can tell when it boils by the fussy bubbling it makes. The milk is allowed to go on boiling for five minutes, while we are still very careful to stir rapidly. Then the carbonate of soda is stirred in.

The contents of the saucepan must not be allowed to boil over.

Next we take the saucepan off the fire, and stir the coconut into it.

A shallow tin is lined with a piece of white paper, and half the contents of the saucepan are poured into it. A few drops of cochineal [a red food color] are then stirred into the remainder in the saucepan, to make it pink, and this is poured on to the coconut candy/ice in the tin.

We must next press the surface of the coconut candy / ice even with a knife, and set it aside to cool. When it is cold, we take a sharp, broad-bladed knife and cut it into bars as it lies in the tin.

Some people make coconut candy/ice without the carbonate of soda; but the addition of a little certainly gives lightness to it, makes it more digestible and nicer to the taste. Such a candy is perfectly [relatively] wholesome, and is not at all likely to make us ill after eating it.

References: See last page

HOW TO MAKE CANDIES

Will some one kindly explain why the recipes for candies are always tucked away in the back of the cook book? Perhaps they are hidden away in the back pages because they are lonesome.

No little girl ever waits until she has studied all the recipes in the front of the book before she makes candies. So right here in the very first volume we will give simple directions for making some very delicious candies.

This page is quite as much for boys, for what is more fun than a candy-making party on a cold or rainy day when we can not go outside! The small boy — and the big one too — loves to wear sister's big cooking apron and take a hand in mixing things.

It is useful to know how to make candy, for sometimes we can not find the varieties we want in the stores. Then, too, homemade candy is much better, purer and really cheaper than the kind we buy at the shop. A box of candy you have made yourself is a most welcome gift for a birthday.

Most people like candy, and that includes "grown-ups" as well as the little folks. And why should we not enjoy good wholesome candy, for it has its own food value. It is only cheap candy that is dangerous, so when making candy always use the best materials.

Peanut Taffy

This candy is very popular. The materials needed are

2 cups of sugar and
a quart of unsalted peanuts in the shell -
[about 1 ½ pounds unshelled;
shelled about 3 ½ cups or
1 ¼ pounds].

Shell the peanuts, remove the brown skins and chop. Sprinkle with

¼ teaspoon of salt.

Put the sugar into a perfectly smooth granite pan and place it on the range over a moderate fire, stirring constantly until the sugar is melted.

Remove from the fire, add the peanuts, and pour into buttered tins. You must be quick, for if not removed right away, the sugar will caramelize, which means it will turn dark brown, or almost black.

In place of the peanuts one cup of halved walnuts, or one cup of coconut, or crisp puffed rice may be added.

If you wish to make this candy in larger quantities for a fair, here, is a rule to remember about the proportions. Measure the chopped nuts, and use just the same quantity of granulated sugar as you have peanuts.

Cut into squares before it cools.

Penoche

The materials needed are

2 cups of brown sugar,
½ cup of milk,
1 tablespoon of butter,
½ cup of pecan meats, and
1 teaspoon of vanilla.

Put the sugar and the milk into a saucepan, and stir until the sugar dissolves. After it has boiled ten minutes, test it. If it forms a soft ball in water, or if the candy thermometer reads 240°, remove from the fire. Stir in the butter, the chopped nuts and vanilla.

When it is cool, cut into squares.

If you want to vary the penoche, use one tablespoonful of peanut butter, instead of the nut meats.

Pop Corn Balls

Sometimes we make popped corn and wish we knew how to make it look attractive to serve. Here is one way of making it delicious.

Put 1 cup of granulated sugar,
 1 one cup of water, and
 1 cup of corn syrup or glucose
into a saucepan, and stir constantly until it is dissolved.

Cook until the candy forms a rather soft ball when tried in water, or until the thermometer reads 240°. To test it, roll between the fingers in the cold water.

Remove from the fire, add
 1 teaspoonful of vanilla,
and pour slowly over the popped corn, stirring it well.

If you moisten your hands with cold water, it is easy to press a lump of corn into a ball.

Peppermint Creams (Uncooked)

Some people prefer to cook the fondant for peppermints, but it is much easier to make a fondant that does not require cooking. Here is a simple way to prepare it.

Break the
 white of an egg into a dish,
 add a few drops of peppermint extract.
Stir in
 a little confectioner's sugar,
and gradually add more sugar until the mixture can be molded easily. Roll it with a rolling pin, and stamp it into rounds with a small cutter. Place the candies on waxed paper and let them dry.

Butterscotch

Put
 2 cups of granulated sugar,
 2 tablespoons of butter, and
 2 tablespoons of water
all together in a saucepan, and cook without stirring. In fifteen minutes try a little bit of the mixture in cold water, mark into squares when cool.

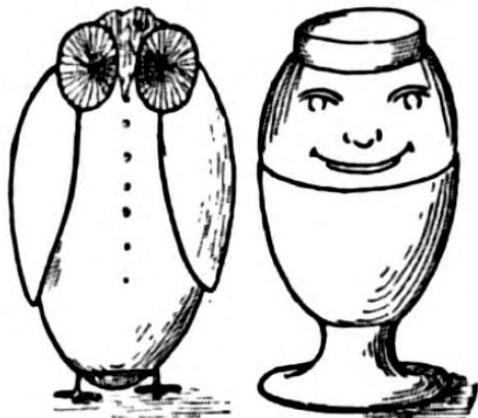
References: See last page

HOW TO MAKE OUR OWN EASTER EGGS

The Easter egg is a beautiful idea. It is a symbol of the return of spring, for the egg contains in it, in a mysterious way, the promise of life. All over the world friends give and take presents of Easter eggs; in the country, perhaps, a basketful of the freshest new-laid eggs; but in town some of us may receive a pretty nest, or fancy basket, of sweatmeat [candy] eggs. Let us see if we can make some Easter eggs ourselves.

Dyeing Eggs

We might weave a little basket, or doll's hamper. In that we might put strips of torn white or pink tissue-paper. The eggs to go in the little hamper are real ones, well washed, and then, to make them firm, boiled for about ten minutes in a saucepan of water, colored in some way. A few drops of cochineal [a red dye] will turn the water red and color the eggs. Spinach water will turn them green; water in which onions or gorse-flowers were boiled, yellow. We can get mauve by boiling violet-blossoms; blue by using washing-blue. The water and eggs are taken out of the saucepan, and the eggs left in the water five minutes longer. The eggs, when colored, are carefully dried and rubbed over with a cloth dipped in sweet oil, and placed on a dish to dry. We then pack them in the hamper, and direct it with a message on a card.



1. An owl egg 2. An old man egg

Decorating eggs

Picture 2 shows a funny surprise egg for the breakfast table. All we want for it is a pen and ink to draw the face and hair, and a little cap of red Turkey twill. A little egg - cosy embroidered with "Easter" makes a nice little present. Many are the faces and animals we can turn our eggs into by decorating the shell.

Chocolate Eggs

Surprise chocolate eggs are a good idea. Boys who collect eggs and know how to "blow" them will find these easy to prepare.

The empty shell is stood on its broad end, and two or three drops of melted chocolate are poured through the top hole. This must dry and harden to stop up the bottom hole.

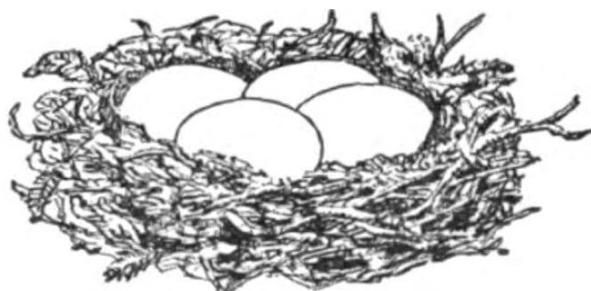
Then the egg is filled up with melted chocolate. To get this we take a bar of chocolate,

put it in an empty-jam-jar, and stand it in a pan of boiling water until the chocolate is melted, and can pass, by a funnel, through the hole in the egg.

A little white sugar will cover up the dark spot, and great will be the surprise when the egg is cracked at table.

The owl shown in picture 1 is a surprise egg of this kind, with little discs of crinkled paper for the eyes, a peak behind for the head, and two pieces for wings, all stuck on with a drop or two of gum. The feet are of bent wire, which is also bent into the form of a ring, in which the egg stands. That is easily done if we remember the barn-door cock made of bent wire as described in the Toy Zoo book in this series.

Making Nests



3. A nest of Easter eggs

We might make four surprise chocolate eggs and put them in a nest — not a real bird's nest, but one we can make ourselves. We first get some twigs and twist them together in the form of a nest — of course *ten* fingers can do what *two* small bills can do. A little glue will secure the twigs in place, and between them we arrange some real or artificial moss. Failing that, we can color some loofah green, or shred a little green crinkled paper. Pad the nest with little bits of cotton-wool and a downy feather or two, and then it is ready for the eggs, as shown in picture 3. A small basket, deep or shallow, is a good substitute for a nest.

Candy Eggs

A surprise egg might be filled with a sweetmeat [candy] of icing sugar, which is pure and wholesome. Take some icing [super fine] sugar and dissolve it in a few drops of cold water, so that it will run through the small hole in the shell and fill the egg. Then place the egg in boiling water a few minutes to harden it. The icing can be made pink by adding to it a drop or two of cochineal [a red dye].

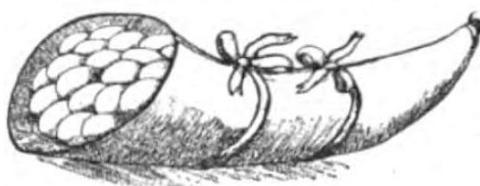
Chocolate Date Eggs

A novel idea is to shape an egg out of dates coated with chocolate or icing sugar, or both.

We take three large, perfect dates, and, having broken them open lengthways and taken out the

stones, press the fruit together into as compact an egg-shape as possible. Their stickiness will keep the dates together. We then dip them in melted chocolate several times till they are well coated, and cover them with icing. Two tablespoons will help us to get the egg-shape.

Marzipan Eggs



The pretty eggs in the shops are not always fit to eat, but the delicious little eggs shown in picture 4 are made of marzipan and sponge-cake.

We get a

$\frac{1}{4}$ pound of ground almonds,
 $\frac{1}{4}$ quarter of a pound of white sifted sugar,
1 one crumbled and sifted stale [small] sponge-cake.

We put these into a basin, and mix them with

1 egg and

a few drops of essence of almonds, using a fork first, and then the fingers, and tasting the mixture to see that the flavoring is right.

We then take a lump and shape it into the form of an egg in the palm of the hand. No cooking is needed, but the marzipan is better for being kept a day.

If we want the eggs quite white, we can coat them over with a little sugar icing, made by moistening some icing [fine] sugar with a little cold water — only a drop or two.

The eggs must be set to dry and harden in a warm place. These little eggs might be put into a screw of brown paper tied round with narrow yellow ribbon.

References: See last page

HOW TO MAKE OUR / YOUR OWN TOFFEE / TAFFY

The great thing in making sweets, and quite as much with toffee as any other, is to secure a good reliable recipe, and to follow it exactly.

It is never worth while to guess at quantities; weigh everything carefully and correctly, and if possible include all the ingredients mentioned in the recipe. Another little hint worth heeding has to do with the quality of the materials used — let them be of the best quality you can obtain.

Toffee may quite well be made over a gasring, or on a cooking-range, but if it has to be made over an ordinary open fire it certainly must not be a dull or smoky one, but one with clear red embers. The saucepan is the next consideration, and it is an important point to see that it is scrupulously clean; besides this, it should be a large one in proportion to the ingredients that are to be put into it, because, when boiling, the liquid sweet-stuff sometimes rises very quickly in the saucepan, and it must not be allowed to boil over.

We have our scales and various weights, and to make the toffee we must proceed to weigh these ingredients:

Four ounces of butter.

One pound [2 2/3 cups] of brown sugar.

Mix these well with

1 tablespoonful of water.

Add

4 ounces of molasses and
the strained juice of half a lemon.

It is well to put the butter into the saucepan first, and let all the ingredients melt slowly.

Great care must be taken to prevent burning, and the toffee must not be left unattended at this stage

for a moment. Nothing is better to stir with than a wooden spoon. It is almost impossible to tell exactly how long to boil the toffee — about seven minutes — but a reliable test to show that it is well cooked is to drop a small quantity of the liquid into cold water; if it be cooked sufficiently, as it becomes cold in the water it will appear and hard. It may then be taken from the fire.

A large, well-greased dish should be in readiness, into which the toffee is poured. It must be left for a short while, but before it is cold it must be cut with a knife in small squares, but should not be removed from the dish until considerably harder than it is when this marking with a knife may easily be done.

When quite cold it should be stored in a tin to keep it crisp and dry. If we wish our toffee in its daintiest form, we may wrap each square in a tiny piece of oiled paper. It is very necessary to add the caution that great care should be exercised in pouring the hot liquid from the saucepan to the dish, as a burn from this sticky, sugary liquid is terrible.

References: See last page

HOW TO MAKE SWEETS [CANDY] AT HOME

We are all fond of sweets, but perhaps some of us have never tried to make our own. Many kinds of sweets are so simple to make, and give such little trouble, that we may like to try some of these recipes.

Burnt Almonds

Dissolve

1 lb. [2 2/3 cups] of light brown /
Demerara sugar

in 1 teacupful [$\frac{1}{2}$ cup] of water,
and stir this in a pan over the fire until it comes to
the boil.

Cease stirring for two or three minutes; then add
1 lb. of blanched almonds,
and stir quickly until the sugar browns and coats
them.

Turn them on to a wire sieve to cool, dividing any
that may have become joined together.

Peppermint Creams

Mix in a basin

3 ozs. of arrowroot with
3 gills [$\frac{3}{4}$ cup] of cold water until smooth.

Put this into a lined saucepan with

1 lb. [1 cups] of white sifted sugar,
and keep stirring it.

Let it boil for ten minutes; then move the
saucepan off the fire, but stir the contents till cool.

Flavor with a few drops of peppermint essence.

Take up lumps of the mixture, roll them into little
balls, and put them on a slab of marble that has
been buttered slightly to prevent sticking.

When cold, roll the creams in fine ground sugar
(icing sugar).

These sweets are also made by flavoring fondant
mixture with peppermint.

Cream Fondants

Put into a pan on the fire

2 lb [1 cup]. of granulated sugar,
and pour on to it

1 small teacupful [$\frac{1}{2}$ cup] of hot water.
Allow this to boil about eight minutes, or till it
thickens, but on no account stir it.

To test it, take up a little on a new wooden
skewer. If a thread forms on taking a drop
between the thumb and first finger and separating
them, pour the mixture into a bowl and, while
warm, beat it with a wooden spoon till creamy.

As it cools flavor it with vanilla, raspberry, or
some other essence, and color half of it pink with
cochineal (a red food coloring).

The sweet is then ready.

Chocolate Creams

Take some of the fondant mixture and roll it into
balls with the hands. Place the balls on a sheet of
oiled paper and leave it for 24 hours.

Cut up about

$\frac{1}{4}$ pound of some unsweetened chocolate
and soften it in a pan standing in another one of
boiling water.

Add to the chocolate

2 tablespoonfuls of water and
2 ozs. [about $\frac{1}{2}$ cup] of icing [finely
ground] sugar,
and stir it smooth.

A tiny lump of butter and a few drops of cream
improve the chocolate.

Drop the fondant balls into it, get them out with
the aid of a fork, and lay them on paper to cool
and dry.

Coconut Balls

Put into a pan and boil, unstirred,
½ lb. of castor [super fine] sugar and
¾ of a small teacupful of water [3 oz]
until a few drops crackle when dropped into cold
water from the end of a wooden skewer.

Now stir in
1 oz. of desiccated coconut.

Take lumps of the mixture and roll them into little
bails.

Barley Sugar

Put into a pan and boil
1 lb. [1 cup] of loaf sugar,
1 ½ small teacupful [¾ cup] of water, and
a pinch [1/8 teaspoon] of cream of tartar.

Test it by dipping in a wooden skewer and
plunging this in cold water. If the sugar is brittle,
it is ready for the addition of the
juice of a quarter of a lemon and
a little saffron [yellow] coloring.

Let it boil to 300° F. by the thermometer, pour it
on to a sweet-oiled marble slab, and cut it into
strips with scissors.

Twist these and store them in glass bottles.

Vanilla Caramels

Boil over the fire in an aluminium or tin- lined
saucepan, stirring frequently,
1 lb. [1 cup] of loaf sugar,
3 dessert-spoonfuls [1 oz] of glucose, and
1 small teacupful [½ cup] of water.

Test it by dropping a little into cold water. If it
hardens, add
one gill [¼ cup] of cream and
½ oz. of butter.

Boil again, stirring frequently, till a little turns
brittle on being dropped into cold water; then
flavor with vanilla essence and pour the caramel
on to a tin or oiled marble slab.

Cut it into convenient squares and wrap them
neatly in oiled paper.

Nougat

Blanch and chop coarse ½ lb. of almonds and dry
them in the oven.

Put

¾ lb. of castor [fine] sugar with
1 dessert-spoonful [1/3 teaspoon] of
lemon-juice

into a pan, and stir it with a wooden spoon till it
colors slightly. Drop in the almonds.

Pour the nougat on to a marble slab, press it into
cubes or mark it in squares with a knife dipped in
hot water, and break them up when cold.

Turkish Delight

Melt 1 oz. of gelatine in a teacupful [½ cup] of
cold water, and put this into a saucepan with 1 lb.
of fine sugar and the juice of an orange and a
lemon. Boil it up three times and then simmer it
about twenty minutes till sticky.

Butter a soup-plate and pour half the mixture into
it. Color the remainder with a few drops of
cochineal [a red food coloring], pour it on to the
rest, and set it to stiffen. Then warm the plate
slightly to loosen it, turn it on to paper dusted
with icing [fine] sugar, cut it into squares, and
sugar these also. Store it in a tin.

Marzipan Potatoes

Prepare some marzipan as described in making Easter eggs, or mix $\frac{1}{2}$ pound each of castor sugar and ground almonds with the white of one egg, beaten stiff and flavored with essence of almonds.

Shape pieces into the form of new potatoes, punching dents for the ** eyes with a skewer.

Roll the potatoes in cocoa essence [power] in order to coat them brown.

Marzipan Fruits And Nuts

Strawberries, cherries, mushrooms, dates, and walnuts can be made with marzipan.

The hulls of the strawberries are cut out of green crinkled paper, the stalks of the cherries of twists of paper or green-covered wire. The marzipan is shaped and rolled in sugar colored with cochineal [a red food coloring] and placed on paper to harden.

Real fruit may be halved and marzipan placed between the halves.

A mushroom is shaped by flattening a lump of marzipan in the hand and hollowing a center for the stalk. Dust the under side with cocoa essence. Roll some marzipan for the stalk, and dip one end in white of egg to make it stick in the hole. If the white part looks too yellow, moisten the surface with white of egg and dust it with sifted sugar.

A flattened lump of marzipan can be inserted between the two halves of a dried walnut or replace the stone of a date.

Acorns in cups and numbers of delicious bonbons can be devised out of marzipan.

Marsh Mallows

Dissolve

2 ozs. of gum arabic in
one gill of cold water.

Warm and strain it into a pan over a fire, with
4 ozs. of icing [fine] sugar,
stirring constantly till a little forms a ball when
dropped into cold water.

Remove the pan, add

1 $\frac{1}{2}$ whites of eggs previously beaten stiff.
Flavor with caramel essence.

Stir and turn mixture on to a tin sprinkled with
icing sugar to set for twelve hours. Cut into cubes
and dust these with icing sugar.

References: See last page

ICES MADE WITHOUT A FREEZER

In hot summer weather few things are more cooling and refreshing than ices. They cost but little, and can be quite well made at home. If we all knew how easily a delicious ice could be made without an elaborate freezing machine, we should more often want to make one. Let us see what we can contrive, even if we have no freezing machine.

First, we shall want a round tin with a lid that shuts down tight. A coffee or syrup tin would do. Then we want a large square tin biscuit-box or a wooden pail. This is to hold the freezing mixture, with the syrup or coffee tin in which we are going to make our ices in the middle of it. Before doing so we must see how and why the ice is formed inside the smaller tin.

We know that water freezes below a certain temperature, but if we chop up a little ice and pour on it a little water and sprinkle it with coarse salt, we get a very low degree of cold indeed, because the salt acts chemically on the ice and intensifies its power to freeze. So any liquid, even though it be shut up in a tin, will freeze when buried in the freezing mixture, if left there long enough. It would turn into a block of ice before long if it were not hindered from doing so. How can we prevent it? The liquid will freeze first around the inside of the tin, and to stop that we must stir it and scrape the tin at the side, just as, but for a different reason, we stir the milk in a saucepan. A wooden spoon will do for this, but it must be perfectly clean, and long enough to be grasped with the hands.

The larger tin has a layer of chopped ice and salt placed at the bottom; the smaller tin is placed on that, and ice and salt are piled around it up to the brim. The ice should be just double the weight of the salt. The mixture for the ice is placed in the smaller tin, the lid put on, and a blanket wrapped round the outside of the whole. It is then allowed to stand for some time. Removing the lid, we take our wood stirrer, and scrape it round and round the inside of the smaller tin, to prevent the mixture from freezing solid; and then we replace the lid. We must be careful not to let the salt and ice get into the smaller tin, or our ice-cream will be spoiled. The ice-cream should, of course, be made in a cool place.

And now what kind of ice shall we make? We can choose a water ice, made with water, or an ice-cream, made with cream. An ice-cream is nicer, but costs more. We may like to make some of both kinds, or custard can form a substitute for the cream, and fruit, either fresh or in the "form of jam, can be added.

Water ices can be made by mixing some syrup — sugar boiled in water in the proportion of

1 lb. [1 cup sugar] to
1 pint [2 cups fruit juice]

— with a fruit-juice from pressed strawberries or raspberries. There should be twice as much syrup as fruit-juice, and it is better to test by tasting.

An ice-cream without cream is made from a custard in which are

1 tablespoonful of Swiss milk
[condensed milk],
 $\frac{1}{2}$ a pint [1 cup] of milk,
the yolks of two eggs, and
sugar if desired;

this may be flavored with vanilla or essence of almonds, and put in the freezer. Or, instead of flavoring with vanilla or almonds, we can take half a pint of the custard, add to it a quarter of a pound of jam, and if this contains seeds, rub it through a sieve, and then freeze it. Cochineal (a red food coloring) will make the ice a deeper red.

Should it happen to be the fruit season, an ice from strawberries or raspberries will certainly be liked. We get half a pound of fresh ripe fruit, take off the stalks, add 4 oz. of castor sugar, press this with a fork, and squeeze it through a sieve. It now forms a thick juice, to which we add either the custard described above or half a pint of fresh cream, and, if we like, a little lemon-juice. The mixture is now quite ready for the freezer.

References: See last page

RECIPES FOR CANDY

Molasses Candy

Molasses Candy was made by our grandmothers, but it is just as popular to-day. It is such fun to make, for we can pull the golden brown taffy until it turns into delicious yellow strands. Before we make our candies, it is a good plan to gather together all the materials we need for cooking.

The ingredients necessary for this candy are:

- 2 cups of molasses,
- 3 tablespoons of butter,
- 2-3 cup of sugar, and
- 1 tablespoon vinegar.

First melt the butter, and then add the molasses and sugar, stirring until the sugar is dissolved. Boil over a slow fire until it is brittle when tried in cold water. If you use a confectioner's thermometer, it should register about 255° [F].

Just before removing from the fire, add the vinegar.

Pour into well buttered pans. When cool enough to handle, you may pull until it turns light colored. Draw into sticks and cut into inch lengths.

If you wish Molasses Nut Candy, add one cupful of chopped nut meats and a pinch of salt, just before taking the candy from the stove.

Five Minute Peppermints

There are so many recipes for Peppermints that it is difficult to choose, but here is a recipe that is reliable. It is a little hard to make these candies for the first time as there are so many things to remember, but when we learn the knack of it, they are very easy.

The materials needed are:

- 1 cup of white sugar,
- 1-4 cup of boiling water,
- 1-8 teaspoon of cream of tartar,
- 6 drops of peppermint, and
- a bit of coloring paste.

First make the fondant. Put the sugar and water in a pan over the fire, stirring constantly until the sugar is thoroughly dissolved. Remove the spoon and do not stir again while it is boiling.

When the syrup first boils, add the cream of tartar. This cuts the grain and helps to keep it creamy.

Before it boils carefully wipe the sides of the kettle with a cloth or brush dipped in hot water. Every particle of the sugar must be melted before the syrup begins to boil, and it is important that no sugar grains remain, as it will make the fondant gritty.

Cover the pan, as the steam formed will help wash down the sides of the pan.

Let the syrup boil five minutes or until the thermometer reads 240° Fahrenheit. Never stir or shake the syrup while boiling. Remove from the fire, and when cool, beat until creamy. With a medicine dropper, add 6 drops of oil flavoring, and add the coloring matter, which may be purchased in small tubes.

Drop in small round-shaped pieces from tip of spoon on waxed paper or marble slab. Do not disturb until the drops are hard and look dull on top. The coloring matter is not necessary. They are just as good white, but more attractive if colored pink or light green.

Coconut Fudge

This is a delicious variation of the ever popular fudge.

These are the materials necessary:

- 2 cups of sugar,
- 1-2 cup of milk or cream,
- 2 squares of chocolate,
- 2 tablespoons of butter,
- 1 teaspoon of vanilla,
- 1 cup of grated coconut.

Cook the sugar, chocolate and milk together until it forms a soft ball when tried in cold water, or until the thermometer reads 240°. Remove from the fire, and stir in the butter, coconut and vanilla. Beat until it is thick and creamy, and pour into a buttered pan.

When it is cool cut into squares.

Karo Fudge

The following materials are needed:

- 1 pound of sugar,
which is the same as 2 cups of sugar,
- 1/3 cup of Karo Corn Syrup,
- 2/3 cup of milk,
- 2 tablespoons (1 oz.) of butter,
- 2 oz. chocolate or 1-2 cup of cocoa, and
- 1 teaspoon of vanilla.

Put the sugar, corn syrup and milk in a pan and stir until the sugar is dissolved. Then add the finely chopped chocolate, and stir until melted. Cook slowly, stirring it but little while boiling. After 15 minutes see if it has reached the soft ball stage, or if the thermometer reads 240° F.

If so, remove the pan from the fire, stir in the butter and vanilla and beat the candy until it begins to cream and to show fine grains around the edges of the pan. Do not beat too long or a gloss will not show on top.

Pour into buttered pans and mark in squares.

Stuffed Dates

Open a box of dates, wash them in warm water, and remove the stones by cutting along the side with a sharp knife.

Put a small piece of walnut in the date, and press the sides together again. Then roll each date in sugar.

The dates may also be stuffed with peanut butter, or nuts of different kinds. They are very good when stuffed with preserved ginger and cherries chopped together, figs, or shredded coconut finely chopped or salted almonds.

Dates With Fondant

For 20 dates we need half a cup of fondant. The fondant is made as follows.

Beat the white of an egg until stiff, add
3 tablespoons of water, and gradually
5 cups of confectioner's sugar.

When it is almost stiff add the vanilla, and when it rolls away in the form of a ball from the sides of the dish, put it on a board powdered with confectioner's sugar.

Knead it as though it were bread dough until it is well mixed.

Roll the fondant into sticks about one inch wide, and cut small pieces crosswise. Place a strip in the center of each date, and sprinkle with powdered sugar.

References: See last page

HOW TO KEEP FRUIT FRESH

Unfortunately for boys and girls, and for grown-ups too, fruit becomes ripe only in the autumn, so that at one season of the year we may have more fruit than we can eat with comfort to ourselves, and at other times, when we would like to have certain fruits, we cannot have them, either because the season of that fruit has passed or has not yet come. But we are far more fortunate than our grandparents were, and even than our parents were when they were as old as we are now.

We get large supplies of fruit from California In the west, and Florida in the south, to say nothing of the great quantity of tropical and sub-tropical fruit shipped from the West Indies.

Thanks to the quickness with which railway trains and modern steamships can carry fruit, and to the modern methods of keeping fruit while it is being carried on the ocean. we have two seasons a year for many kinds of fruit. But, in spite of that, it is as well to know how to keep fruit longer than we can do by letting it lie about without any special measures being taken to prolong its life. So we shall learn how to do it in this article.

First, we must know what causes fruit to go bad. The decomposition of fruit, as we call it, is caused by the attacks of microbes, which are the very tiny little living things that we read something about. Once the microbes have begun to settle on fruit, it gets had ever so much more quickly. Thus the effort to keep fruit fresh is really a fight between the microbes and ourselves. It seems ridiculous to talk about a fight between men and creatures so tiny that we can see them only with the help of a strong microscope. But, in spite of that, if we are not very careful the microbes will win the battle, and our fruit will go bad very soon. The microbes are bound to win eventually; we cannot help that. The most we can do is to beat them off for a time, to keep the fruit a few weeks or months longer than otherwise. We cannot make its freshness indefinite. If we know what

conditions favor the growth of microbes, then we know that by avoiding or preventing these conditions we can make fruit remain fresh a little longer. Microbes thrive and multiply in damp and stagnant air; therefore our fruit should be kept in a place that is cool and to be kept should be gathered when not fully ripe. Care should be taken not to break the skin, and any bruised fruit should be put aside to be eaten first. A dry, dark attic or cellar, with plenty of ventilation, makes a good place for keeping fruit. The fruit should not be heaped up. Each apple, pear, or other fruit should lie by itself, not touching its neighbor, and every few days each one should be examined, to see if it has begun to decay. If it has, it should be removed, so that it may not contaminate the rest. Wrapping each one in paper separately is a good plan, and if this is done the fruit need not be examined at such frequent intervals as when it is stored unwrapped. If these hints are followed, apples may be kept fresh for many months. Indeed, some fruits, such as winter pears, require to be kept for some time to get thoroughly ripe, as they do not ripen on the tree.

[Paragraph deleted because the chemicals discussed are now considered hazardous and should not be used on food]

In America fruit-preserving has become quite a domestic art. The fruit is pared, cored, and put into glass jars, which are then filled with a hot, thin syrup, and firmly sealed. On board ship and elsewhere fruit is often kept in cold storage - that is to say, the temperature of the room or box in which the fruit is stored is kept at about 32 degrees Fahrenheit, which is freezing-point, by means of ice or refrigerating machinery. But this involves the use of expensive machinery or other apparatus, and is not suitable for an ordinary person who merely wishes to enjoy the lusciousness of fresh fruit a few weeks longer than he would otherwise be able to do.

References: See last page

MUSTARD AND CRESS GROWN ANYWHERE AT ANY TIME [Indoor Hydroponic Garden]

Most people like mustard and cress, and it is at all times a very useful salad. A very interesting way of growing these little plants at any time of the year may be followed quite easily if the directions given are carefully observed.

All that we shall need for the purpose are a couple of wooden boxes, two pieces of clean flannel or blanket, measuring a little more than the boxes do, and, of course, a packet each of mustard and cress seed. The first thing to do will be to take away the lids of the boxes, and then, without damaging the sides, knock out the bottoms as well. Now we take the pieces of flannel and tie one over each frame.

Each of these must be stretched over the place where the bottom of the box was, and held down to the sides by tying a length of string all round. Thus we shall have something which will be like a square tambourine, only instead of parchment or paper there will be flannel. One of these boxes is for the mustard, the other for the cress.

As mustard seed grows much more quickly than cress, it should not be sown till later. We take the box which we are going to use for the cress and thoroughly wet the flannel. Now we get our packet of cress seed and open it, and sprinkle the seed fairly thickly over the flannel. The temperature should be kept fairly even, and not allowed to fall below 65° F.

It will be found that the seeds will stick well to the damp flannel and will not roll about. If we want the seed to grow very quickly, we shall put the box, when the seed has been sown, into a warm, dark cupboard. Twice a day the seeds should be looked at, and if it seems that they are at all dry they must be well sprinkled with water. At the end of three days the seeds should have

started into growth, and we shall be able to see the little shoots and roots breaking through the cases.

It is now time to sow the mustard seed and this must be accomplished in just the same way as was adopted in the case of the cress. As soon as the seed has been sprinkled over the flannel, we remove the box in which it has been sown to a dark place, such as a cellar or any cupboard that may be available, where the seed will germinate, just as the cress did.

It will now be necessary to remove the box with the cress into the light; if it is summer we may place it in a sheltered place out of doors, but in winter the situation chosen should be in front of a window in a warm room. After another three days we may bring the mustard out into the light, and the two boxes can be placed side by side.

All this time it is most important that the seedlings should on no account be allowed to want for water. During the winter it will be found that, if the water is given just lukewarm, the plants will grow much more rapidly. When the seedlings are about two inches in height, it will be time to gather our crop of salad. With a good large pair of scissors the stalks may be cut close to the flannel, and they will be found to be very tender, as, indeed, will be the leaves of the little plants. Moreover, as there was no mould to make them dirty, a little washing will soon make them quite ready for use. A week later you may sow another box of seeds for a new crop.

References: See last page

Notes

The text in this book has been changed slightly from the originals.

1. Where there are slight changes in section titles across the various editions of the *Book of Knowledge* and the *Children's Encyclopedia*, both words are shown separated by a slash, /.
2. Spelling, where appropriate, has been changed American forms.
3. Any mention of the cost of materials has been deleted.
4. Comments by the current editor may be indicated by square brackets, []. or an asterisk, *.

The references on the last page of this book are the online versions of the Book of Knowledge and the Children's Encyclopedia volumes where the information was found. These references are listed in the order of the sections of this book.

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